

# Manual of Wrist Trainer Ball



## Product Feature and Structure:

- Machine power, no power supply.
- shell made of refined materials,Durable and sturdy.
- Steel axis,Not easily broken.
- Built-in elastic device,Easy Start.
- Dedicated wrist rope,Prevent slipping.
- Silicone anti slip ring,Safe and comfortable.
- Variable speed light,bright and colorful.

## Product Description:

Jin BD wrist trainer ball is a new generation of stress relief tool and black technology on the palm.It adopts an artificial power device, purely mechanical design, no power supply, no electromagnetic radiation, and relies on the rotation of the wrist to drive the high-speed rotation of thewrist trainer ball, thereby generating strong centrifugal force, achieving the goal of strengthening your wrist.The first time a user wants to start it is extremely challenging, requiring you to patiently explore and pay attention to skills. Once you master the correct startup method, it will become easy to control, arbitrary, and full of fun.



## Item Startup Method:

- 1、Wear a dedicated wrist strap to prevent the wrist trainer ball from falling.
- 2、The wrist trainer ball is facing upwards, with the left and right thumbs pressing on the inner ball and alternately pushing forward in the direction of the inner ball arrow, until there is greater resistance to the forward movement (until the inner ball is difficult to continue rolling forward, about 10 times).
- 3、Release the inner ball with your thumb and hold it with one hand, while quickly rotating your wrist (using your wrist as a support point to perform rapid and repeated circular movements). When the inner ball rotates faster and the dazzling light comes on, the wrist trainer ball has already started. If the start fails, please repeat the above steps.



### Note:

- 1.Some styles of this product are designed without colored lights.
- 2.Please follow the video introduction of the startup method on the product details page to master the correct startup method.

## Reminder of Main Point to Startup:

1. When pushing the inner ball, place the wrist trainer ball facing upwards.

During the forward pushing process, press the inner ball tightly so that it does not retreat. Try to push forward until the inner ball is difficult to roll, but remember to use too much force to avoid damaging the inner ball spring.

2. Note: It is the rotation of the wrist joint, not the entire arm swing.

3. Due to its purely mechanical design and no power supply device, the continuous operation of the wrist trainer ball requires continuous rotation of the wrist.

4. After the wrist trainer ball is activated, it will light up a cool light (with lighting design style) and become brighter as the speed of the inner ball rotation increases, while emitting a pleasant sound.

5. After the wrist trainer ball is activated, it becomes easy to control, and the wrist can rotate freely (in different directions, irregularly). When the wrist needs intense movement, simply accelerate the wrist to perform circular movements or quickly flip up and down.

## Reason for Product Startup Failure:

✧ Incorrect way of thumb pushing the inner ball: not pushing in the direction of the inner ball arrow or not pushing forward enough times.

✧ Incorrect rotation method: the wrist joint performs circular motion instead of the entire arm swinging.

✧ Due to the structural design of the inner ball, in order to successfully capture the inner ball spring, when starting to push the inner ball, the wrist trainer ball must face upwards.

✧ The transportation process may result in individual product components being damaged and unable to start.

## Product Application Scenarios:

- Long term use of the mouse causes wrist pain and weakness.
- Long term fitness training causing wrist pain.
- People who have been in a state of tension and anxiety for a long time.
- Excessive use of mobile phones leads to stiff and swollen wrists.
- Assist in training arm muscle groups.
- Rehabilitation training after assisted wrist injury.

## After-sale Service:

■ Jin BD guarantees that all products sold are genuine.

■ If there are quality issues with the product, you can apply for a return, exchange, or return within 30 days after receiving the product.

■ Amazon Logistics Improves Fast Shipping

## Note:

1. Please read this manual carefully before using this product.

2. Wrist trainer ball are precision sports equipment, please avoid hitting or throwing them when using them.

**3. The interior of the ball is designed with an overhead structure, which utilizes friction to drive the inner ball to move. When the inner ball runs at high speed, it will make a loud noise. When the wrist stops rotating the ball, resonance will occur and a harsh sound will be emitted, all of which are normal phenomena.**

4. When the wrist trainer ball is running at high speed, please do not attempt to stop it with any exposed parts of the body to avoid injury.

5. Children should use it under the supervision and guidance of adults.

6. It is strictly prohibited to add lubricants or liquids to the surface of the guide rail (high-speed shafts require friction to increase speed).

7. Please try to avoid shaking the wrist trainer ball or squeezing the inner ball, otherwise it may cause damage to the ball shaft and increase the sound during operation, which may affect the product experience.

8. When operating a wrist exerciser, it generates a magnetic field that could potentially interfere with a pacemaker. Therefore, if you have a pacemaker, please use it with caution.